

February 2015

## Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



### February is American Heart Month

According to the Department for Health and Human Services, Heart Disease is the leading cause of death for men and women in the United States, of which, every year, 1 in 4 people die.

With Valentines Day celebrated this month, it is a great time to learn about how to keep the heart healthy for ourselves and our loved ones by learning more about the risks for heart disease.

To help lower your risk follow these steps:

#### **Eat a Healthy Diet**

- Watch your sodium intake to help lower or keep your blood pressure in check.
- Eat plenty of fruits and vegetables.
- Eat foods that are low in saturated fat, trans fat, and cholesterol.
- Eat foods that are high in fiber.

The meals you get from the nutrition program either at the senior center or delivered to your home meet all of the above!

#### **Be Physically Active**

- Being physically active can help to control your weight, cholesterol, and blood pressure.
- Try to get at least 150 minutes per week. (This would be about 30 minutes five days per week.)



#### **Don't use Tobacco and Avoid Secondhand Smoke.**

- Cigarette Smoke causes hardening of the arteries thus increasing your risk of heart disease and stroke.

#### **Loose weight or maintain a healthy weight.**

- Being overweight increases your risk of diabetes, high blood pressure, and high cholesterol which can damage your heart.
- If you are overweight or obese, losing just 10 pounds can lower your risk of heart disease.

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### **Control your Blood Pressure.**

- You can control your blood pressure by watching your weight, exercising, and eating healthy, especially watching your sodium intake.

### **Control your Cholesterol.**

- By increasing your fiber and decreasing your intake of saturated and trans fats.

### **Control your Diabetes.**

- According to the American Diabetes Association, people with diabetes have a higher than average risk of having a heart attack or stroke. These strike people with diabetes more than twice as often as people without diabetes. Two out of 3 people with diabetes die from heart disease or stroke.

### **Drink Alcohol Only in Moderation.**

- The U.S. Department of Health and Human Services defines this as no more than one drink per day for women and no more than 2 drinks per day for men.



### **For More Information:**

- Centers for Disease Control and Prevention—<http://www.cdc.gov/Features/HeartMonth/>  
Or [http://www.cdc.gov/tobacco/basic\\_information/health\\_effects/heart\\_disease/index.htm](http://www.cdc.gov/tobacco/basic_information/health_effects/heart_disease/index.htm)
- American Diabetes Association—<http://www.diabetes.org/living-with-diabetes/complications/heart-disease/>
- U.S. Department of Health and Human Services—  
<http://www.healthfinder.gov/nho/Februarytoolkit.aspx> Or  
<http://www.healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/heart-health/heart-health-conversation-starters>

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